cohesion

GRAND VALLEY'S ALTERNATIVE NEWS

INTERVIEW WITH DUE DILIGENCE

INTERVIEW WITH THE CRANEWIVES

HOW TO BE HIP ON CAMPUS

NEWS AND UPDATES:

COVER LOVERS

LOVE PLAYING COVERS? COVER LOVERS IS A NEW SUB-GROUP TO COHESION THAT TESTS THE MUSICAL BOUNDARIES OF GENRE IN A ONCE A MONTH CONCERT SERIES. INTERESTED? CHECK OUT FACEBOOK.COM/GVSUCOVERLOVERS.

THE COHESION VIDEO EXPERIMENT

LOVE TO MAKE VIRAL VIDEOS? WANT TO GET CONNECTED TO OTHER FILM LOVERS? CHECK COHESIONGV.COM FOR UPDATES.

ENERGY DRINK

THE RUMORS ARE TRUE. WE ARE DEVELOPING THE SASSIEST ENERGY DRINK EVER CREATED. WILL YOU BE READY TO BE MINORLY OFFENDED AND PERHAPS, SLIGHTLY CONFUSED OVER FLAVOR EXPLOSIONS IN OR AROUND YOUR MOUTH???

COHESION IS LOOKING FOR ALL SERIOUS MARKETING, COMMUNICATION, AND BUSINESS MAJORS (EMAIL RESUME TO COHESIONGV@GMAIL.COM).

COHESION IS LOOKING FOR A NEW PHOTOGRAPHER (PLEASE SEND PORTFOLIO TO COHESIONGV@GMAIL.COM)

ISSUE 2.1 // SEPTEMBER 2011

SUMMER SUNBURN ISSUE

02 DEAR COHESION / CORPORATE CARPAL CALAMITY

03 REALIST HOROSCOPES

04 HOW TO BE HIP ON CAMPUS

06 DUE DILIGENCE TALKS SAFETY WITH COHESION

08 THE CRANE WIVES "WE ARE INHERENTLY STORY-TELLERS"

10 SEPTEMBER ARTICLES

13 COLORING PAGE

Cohesion is a wholly democratic publication to promote creativity on the Grand Valley Campus.

Want to promote your student organization? Want to write an article for us? Have an opinion piece? Want to respond to an article you read? Email us at CohesionGV@gmail.com

WARNING: Overexposure to Cohesion will result in skin burns, premature aging, and check-ins to your ex-girlfriend's house on Foursquare while you sleep. Early and repeated exposure to Cohesion is damaging to your health, and puts you at a higher risk for skin cancer and adult-onset lazy eye. If exposed to Cohesion for more than eight hours, consult your junior high guidance counselor who told you he'd like to rub you down with Aloe Vera on your 8th grade canoe trip. Never look directly into Cohesion. Doing so will result in inflammation of the cornea, which will cause you to see black dots in the shape of Danny Glover for up to 24 hours.

Dear Cohesion

Dear Cohesion,
I love going tanning with my bros after we get all swolled up at the gym. But here's the only thing bro, when we was up there with our long boards at the hot tanning spot the dude working there says we gotta wear bathing suits in the tanning beds! Like anyone wouldn't want to be laying where our kickin bodies were. So what I gotta know, Cohesion, how do we get rid of those tan lines? Cuz you know we can't be rolling up to the spot and be fist pumping with white flags flying in the wind. It's all about that tan bro; you know we're not ending up with no grenades.
Stay fresh Brohesion,
Ronnie

Dear Ronnie,
I know you're worried about the ladies and bros not being too interested in whatever you may be packing, but worry not my metro-sexual mate; your tan lines are actually in style! Let your flacid flag fly, and when in doubt, just remember: it's just gonna look like someone took a highlighter to all the good bits.
Love,
Slippery Coon

CORPORATE CARPAL CALAMITY

LITTLE SISTER

A new study conducted by Grand Valley graduate students reveals a strong correlation between handshakes and Carpal Tunnel Syndrome (CTS).

Recently published in the Stanford Journal of Modern Medicine, the study compares individuals exhibiting effects of carpal tunnel with similar healthy individuals of the same age, race, gender, and occupation. The results elucidate the connection between the business world and the health risks for wrists.

"We noticed an increased occurrence of carpal tunnel with males in power positions," remarks Karl Pertunnel. "The more involved these males were in business transactions, the more sore their hands were."

Through various case studies conducted locally and abroad, Pertunnel and his researchers found that in business teams that held meetings according to Western tradition, employees were more likely to develop soreness in their wrists, including tendonitis, phalangellical dissonance, and carpal tunnel syndrome. The lack of occurrence in business organizations whose clients were mainly comprised of Eastern or Middle Eastern clients lead the researchers to the root of the problem.

"It surprised us that handshakes were the culprit of such calamity. Even women were showing symptoms of weakness, considering the rise of business women in the feminist light."

Comparing these findings to normal interactions in the non-business world, higher class citizens also exhibited higher risk of developing problems due to their prominence of Western social norms. Research also suggested that members of subcultures who greeted one another with fist bumps, high fives, and alternative interpersonal handiness had a greater probability of underhanded injuries.

A follow-up study has been announced to track the struggles of deaf individuals—and their advocates—to measure the effect of copious sign language, but the Laker research team is currently short-handed.

REALIST Horoscopes

REED BRAMBLE

ARIES (March 21-April 19)
If you are indeed working today, your progression through your workday will be just as mind-numbingly tedious as it was the previous day. Your ridiculously creative mind that is filled to the brim with great ideas and opinions has wasted yet another day putting glue on the back of stamps, or whatever worthless task that you can relate to. Priorities, Aries. Priorities. The good news is when you get out of work this evening, you will meet a bright and attractive person that will play a big role in your life. Unfortunately, he or she is also a binge drinker. So by the time you arrive at the party tonight, your VIP will already be hunched over the guest bathroom toilet and in need of someone to hold their hair back as they decorate the room with half-digested leftover spaghetti. Go get 'em, tiger.

TAURUS (April 20-May 20)
Your primary emphasis at this time in your life will be placed on children. This could mean anything from being inspired to financially support a small Ethiopian child or volunteering at a youth camp to regularly offering tootsie rolls to small children waiting for the school bus or an unfortunate condom malfunction. When the possibilities are vast, I like to prepare myself for anything. As should you. I also have seen that you are contemplating taking a chance on a big decision in your life. I am here to tell you to never take that chance. Nobody ever got anywhere taking stupid risks. I don't want to have to inform Amy Winehouse that in a few years, she'll have some more company in the 27 Club. I think she's already getting tired of listening to Kurt Cobain whine.

GEMINI (May 21-June 21)
Now's the time to let off a little creative steam. Today, you are going to write a song that will one day top the Billboard charts. Just make sure you include a thrusting bass line, some insanely high auto-tuned vocals, and a questionable wardrobe, and you will immediately be vaulted to mainstream success. People who actually go to clubs and listen to pop music on the radio will enjoy soaking in your stardom. Eventually, you will become so famous that you will be asked to contribute to the music of fantastic artists such as Jason Derulo and B.o.B.! Unfortunately, you will follow the same path as Vanilla Ice and end up on reality television. At least it was good while it lasted.

CANCER (June 22-July 22)
Your lack of organizational skills will come back to haunt you today. What do you mean you lost your social security card? I don't know where it is. Maybe you should brainstorm a little bit and figure it out. No, not the blue folder. No, I don't have your social security card...okay. So I might have your social security card. No big deal. I can't steal your identity without your driver's license as well. What do you mean you can't find your driver's license?...Okay. So I might possibly have your driver's license. And...from the looks of it, I may or may not have your passport as well. And there's a small chance I might have transferred you to BYU. They don't drink coffee there so I strongly you start reducing your caffeine dependence before orientation. And no sex.

LEO (July 23-August 22)
Don't bothering studying, you're going to fail. Instead, sit outside on your balcony, crack open a beer and know that your life is in good hands.

VIRGO (July 23-August 22)
In honor of September 11th, all Virgo's will replace their horoscope with a moment of silence. They should also avoid planes, tall buildings, and beards.

LIBRA (September 23-October 23)
The annoying person in your life is going to be extra-super-annoying today. Like Miley-Cryus-is-coming-to-your-party-and-expects-applause-upon-entrance annoying. They are actually looking for you right now. I suggest you lay low for a little while. If you must leave for class, rock the hat and sunglasses today, and absolutely no smiling or talking. Your annoying friend loves it when you smile and talk. If you suffer the unfortunate chance of randomly running into them, pretend like you are having your period, grunt at any new information they give you about their lives, and be sure to disagree with any opinion they may have. They won't get the hint, but at least you bought yourself a little time for sanity.

SCORPIO (October 24-November 21)
You will be forced to have an unwanted philosophical discussion today. Prepare yourself for seething religious debate, outrageous conclusions about the meaning of life, and other banter to throw into the pool of pretentious snobbery. Much of this can be countered with the classic argument, "You ain't got no pancake mix," followed by a series of animal noises and gestures that show you are clearly below (or perhaps above) their level of intelligence and therefore not worthy of your time. Who knew philosophy could be so entertaining?

SAGITTARIUS (November 22-December 21)
Yuor brian cna't hadnle wrods today. Chekc bcak netx motnh.

CAPRICORN (December 22-January 19)
Your parents aren't talking to you again today. Maybe you should have gotten a job this summer. On the bright side, you will have insights in regard to your life goals today. Unfortunately, your parents still won't understand how starting your own juice bar is going to support your future family. Is it possible to live simply by drinking juice? Let me know.

AQUARIUS (January 20-February 18)
A series of events in your life will occur that will directly affect your self-esteem. Regardless of your smooth ability to mask your insecurity, there will be a time when someone notices all the pictures on Facebook of yourself that you untagged because they weren't taken at just the right angle. Someone is probably sitting at their computer right now, sifting through last night's pictures and scoffing at that awkward tan line, that slightly obnoxious eyeliner, that small tuft of hair that looks like it doesn't belong. Clean up the act, Aquarius. It is common knowledge that the cure to insecurity is perfectionism. Being perfect is only a few surgeries away. Just think about it, a world where everyone adores you as a human being simply by gazing at each one of your perfect profile pictures, and there is no way you can ruin it by opening your mouth and saying something in person. Magic.

PISCES (February 19-March 20)
Everyone is going to care about that great tan you got over the summer, so be sure to show it off! Nothing says friendship and popularity like destroyed skin cells that are potentially cancerous. You must care so much. Meanwhile, the lonely pale kid that uses SPF 500 is going to soar into his 80's without a wrinkle. Who's the big man on campus now?

How to be HIP on campus

Being "Hip" / "stylish" / "Awesome" isn't easy. You not only have to be a trend-setter, but you have to do it and appear like you don't give a care. The key to fitting in is to act the exact opposite of how you feel. You have to be the exact opposite of what your mind tells you to be. The reason why you aren't "cool" or "awesome" is because you have been trained your whole life to be an "individual" and to "follow your bliss". You have loads of untapped potential to be the hot new kid on campus you've always wanted to be, but you have been too busy "following your dreams" to use it. Here are some simple tips to become the person you've secretly always wanted to be. Are you ready to finally be treated and respected like you should?

1

Apartment & Dorm Décor

Female: Your home is everything. Buy posters online before the campus poster sale. Try something "fun", maybe a F.R.I.E.N.D.S poster. Also, be edgy: maybe a Johnny Cash poster of him giving the bird.

Both: leave clues around the place to show what kind of person you are trying to be. Always have an empty box of something expensive in your trashcan, gentlemen you can't go wrong with an empty bottle of 50 Cent's eau de toilette, Power. Plus everyone will know that you smell fresh and clean and like the inside of a department store in downtown Baghdad if you can get it empty in a week. Ladies, the fine connoisseurs of musk at Cohesion advise you to go with Beauty, by B.Spears. Also a pair of hair clippers to match her never hurts. It's Britney B*tch.

Male: vintage clothes on display. Old sh*t is cool; why else would you wear your parent's clothes? PROTIP: have a black moleskin out, visible. Suitors will think you are emotional. Call it your diary. Feel free to draw pictures in it, whatever, just tell anyone who asks to look at it that it is private. Tell them it's poetry about your dead cat or it's your memoir you wrote when you had skin cancer.

2

On The Bus

Female: Flaunt your feet. There's nothing like tan feet in good sandals after a pedicure. Make them suck worthy, you gotta give those poor bus drivers something to fantasize about.

Both: Always have headphones in. If your iPod is dead or you forgot it, put the headphones in anyway. This is a must: Don't look at anyone. They are not worthy to be gazed upon. Look past them. Think about how your hair looks. Think about how your arms look from working out at the gym. Think about how everyone is looking at you.

Male: Stand, don't sit. It's easier to crop dust innocent bystanders that way.

3

In Class:

Female: Nowadays the women folk are known for high test scores, being used by male students for group projects (among other things), and participating in class discussions with unnecessarily rambling anecdotes. Use this to your advantage!

Both: Never raise your hand. If you have something to say, blurt it out. Interrupt at your leisure. Whatever you have to say is more important than the person speaking. Feel free to tell personal stories about how great you are, or the wild drinking conquests that you and your friends had in high school when mommy and daddy were in Cancun.

Male: Always say less than you should; This will lead on potential mates. They will think you are deep and totally awesome. When you respond to a question, bring up some big event that you suggest you were part of. Guys, this is your chance to get away with others imagining how great you might be. For example: your fictitious swim team losing the big meet because your suit fell down on your dive and gave the whole crowd a Shamu show.

Around Campus

Female: Make sure you wear your Kappa Mocha Frappucino hoodie and some yogas, it's a good disguise that you're not coming back from Fresh, grazing with the herd.

Both: Being a non-conformist is what's popular. If everyone else is doing it, they're way behind the times. Remember: You are a trendsetter. For example: planking is so pre-owling. If you want to be hip, start Lakering: wear a sailor cap in the fountain. (Send pics to cohesiongv@gmail.com).

Male: Public urination is back in style. Find a three-man wolf pack and join in. Most popular spot: northeast side of Kirkhof.

At Parties:

Female: Never drink to intoxication. Having a stable mind will make it easier to dominate the room, buzzing off a few Keystones is nothing compared to having some quality minions. Intoxicated people have lowered their consciousness to the state of trained monkeys—basic needs kick in. Be seductive, but never give anything away. A loosey-goosey girl gives it all away up front. A potential mate wants to work for it. Potential suitors will follow you around if you are seductive enough and manage not to give too much away. Example in Action: wear a spaghetti-strap t-shirt and a loose bra. When you play beer pong one of the straps will slide down your shoulder. As soon as this happens, pull it up. This will allow on lookers to fantasize for a brief moment. For far too long women have been taken advantage of in alcohol (and other substance) environments. This is your time to fight back. A must: even though you are not heavily intoxicated, every five minutes or so, walk around and tell everyone how $hit-faced you are. Use your valley girl slang voice, "I am soooo druuuunnk! OMG!"

Both: Talk with others (not the hosts) about how terrible the party is. Talk about YOUR past parties and how it was so much better. Expose the weak and poke fun at them, especially how they don't have the kick@ss plywood beer pong table with the "professional artwork" from the "art major" you lived with your sophomore year.

Male: Use people for the entertainment of the party, and most importantly, yourself. Start outlandish rumors. You're smart; you know who doesn't like who. Tell one of them the other is talking $hit. Sit back for a while, watch, and when they REALLY start going at it, be the hero. Simple as that. This is important: it's something called the "wizard staff". Just don't do it. These are the people you see at parties sporting a Guinness T-shirt and drinking Bush Light. A wizard staff is when you duct tape a full beer on to the end of the ones that you have already downed. These people actually love to construct phallic symbols out of cheap beer cans and walk around comparing how long their "staffs" are. A large wizard staff is not a compensation for a small click.

What TO Wear:

Female: Fake moles. They're in. Trust me. Being secure about insecurities is always in.

Both: Remember, you are awesome regardless of height or size. Talk about all your features and how you are totally cool with them. Also, plaid is in. Pants, shoes, shirts, undergarments, you name it, it's in. If you really care about your image, get a plaid tattoo and name it after your favorite childhood cartoon character.

Male: Tight clothes, cut-offs and old-school clothing. Anything 25 years + is hip. Muscle shirts and wife-beaters are so 1990's grunge; wearing any of these is just as bad as a bowl cut. If you are going for the muscle look, go for the breastless t-shirts (red gelatin works numbers for the nipples). Not showing off the muscles? Go for a power suit or old elementary school Halloween costumes.

On Facebook:

Female: Comment and "like" everything that comes up on your newsfeeds. Use smiley faces, hearts, and netspeak whenever possible. People will think you are outgoing and easy to talk to. Update your status whenever something "random" happens. Example: OMG this guy down the hall that I just met actually has a blue and red plaid tattoo named Patty Mayonnaise.

Both: Your profile picture is the complete center of your image; it all boils down to how many members of the opposite sex are in it really. Your best bet is just throwing on a picture of the Jersey Shore cast, prime tans and smushing all the way bro.

Male: Shirtless dark-lit myspace photos are out. We don't care about the six pack on your chest, we care about the six pack in your hand. This is a way to show your individual classiness. IPA's are in, stout's are out. Show your party side. You should probably put up those photos from that bachelor party where you got drunk and broke your nose after you passed out and woke up with less-than-appropriate drawings all over your body.

For more information on being treated like you should, read *The 48 Laws of Power, The 33 Strategies of War,* or *Muzafer Sherif's Autokinetic Experiment embodied: How To Be Informationally Influenced by Robert Greene.* See what I just did? I listed three books and an author you have probably never heard of before. Subconsciously, my credibility increased significantly. Did I make up the author and books? Maybe. If you act like you are intelligent and well read, people will take you seriously.

Cohesion does not endorse any of this behavior. We are a non-biased group who finds comedy is in every social situation and every step of life. We love and hate everyone equally. – AJW

DUE DILIGENCE TALKS $AFETY WITH COHESION

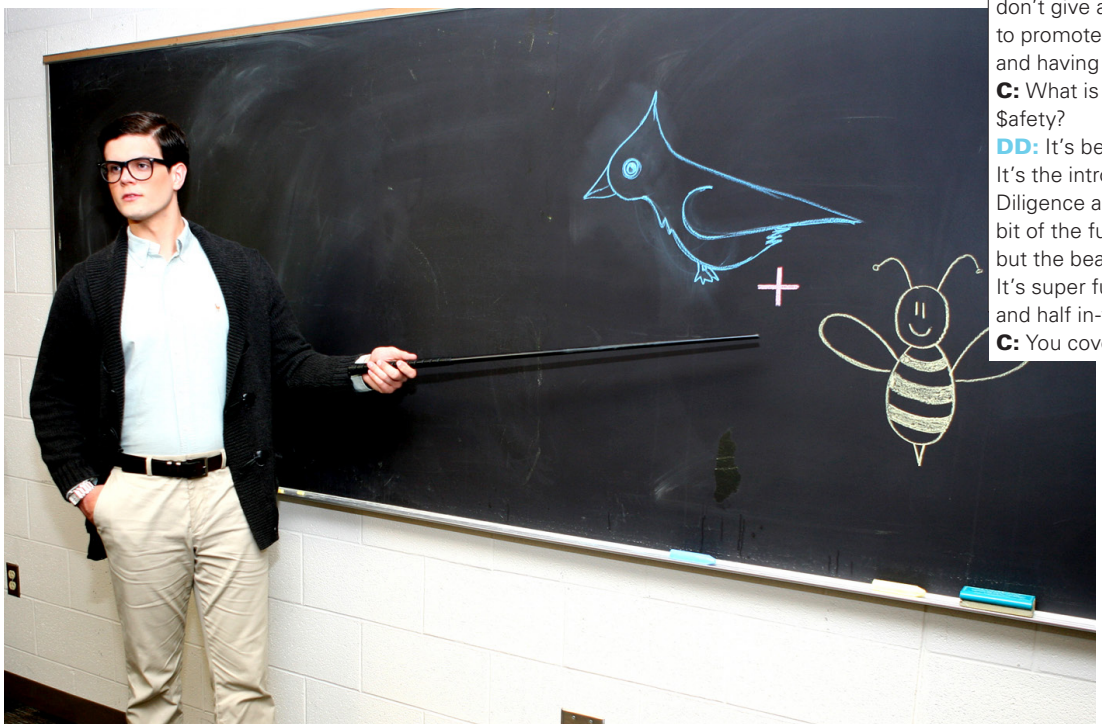

Photo title: "Sex-having Concept Photo"
Photographer: Greg Barrett
Direction: Kevin Budzynski
Wardrobe: Kev Couture
Hair: Guy Fransisco
Make-up: Latesha Lipscomb

Cohesion: Due Diligence, this past summer you released your first EP entitled $afety. Can you tell us a little about the EP?

Due Diligence: The $afety EP is the introduction for the members of the Integrity Generation and the world that they live in. The Integrity Generation is you, it's me, it everyone who cares about what they do and say, and they don't give a f*ck about who knows. They want to promote that good sh*t while also being crazy and having a good time.

C: What is the reason behind naming the EP $afety?

DD: It's because the songs are about safety. It's the introduction into the mind of Due Diligence and Integrity Generation with a little bit of the funny side. I'm rapping about safety, but the beats are dope and the rhymes are dope. It's super fun and kids get into it. It's half funny and half in-your-face party.

C: You cover some basic topics, all the safety tips that people should already know about. For example, wearing a seat belt, shopping, and ahh, using scissors...

DD: Hey, you're just looking at my track-list man. (laughs)

C: Alright, here's what I'm getting at: why did you think that those were pertinent topics to rap about?

DD: Let me explain and break it down for you. Check it out- This is the Integrity Generation. It doesn't matter how simple or mundane the activity is, we do it to the best of our ability. So we are starting with something remedial. We are taking

Right:
Photo by Kevin Budzynski
Wardrobe for Due Diligence by Kev Couture

(FROM LEFT): DUE DILIGENCE, T-PAIN, AND ZACH-B OF MINOR STATE

a step back to the stuff we have already learned and learning it again in a new way. Safety is something that people should have inherent in their own mind, but not everyone does, and others forget- some get so f*cked up they can't remember. So now, when you're out with you're boys, you will remember to - look both ways - look both ways - it's a good thing. I cover these topics in $afety because it's funny, it's fun, and it's a good starting point for what I am bringing next.

C: And what is coming next for Due Diligence?

DD: Before the snow falls and hits the ground I will have two collaborations out with two different dynamic super-talented motherf*ckers. I'm gonna release a four track collaboration with Ajax Stacks called Brick By Brick, which is a worlds collide examination of his musical style and his image meeting my musical style and my image- and what happens when they collide into each other. His grassroots, Easttown scene and his more traditional hip-hop style is going to meet my more downtown scene and lyrical driven, nerdy style. It's bringing together the grassroots and tree climber. It's going to bring on a whole new style. That's going to come out the beginning of October sometime. Now, at the end of October, on Halloween 2011, I am going to release Diligent Swag which is going to be a double single with my man Jeff Barrett. Expect some acoustic, rock inspired, hip hop with heavy piano instrumentation. It's going to have the feel of old-school party tracks. We're calling it Two Tracks of F*ck Your Ear Pussy. And then there's going to be...

C: There's more?

DD: Listen to this. On Christmas day I will be releasing my sophomore EP entitled Nutrition. Nutrition is all about what's good for you. Not talk'n about food, it's not going to be funny like $afety. It's going to be the next step you take as a member of the Integrity Generation; it's about understanding proper nutrition- not your diet, it's about what you put in your heart and in your mind; what you do with all this power that you have. We are so powerful and we can't abuse it. The first thing is to understand you got it and how to keep it coming with proper nutrition. Mental nutrition, emotional nutrition, spiritual nutrition, all that stuff. You really gotta examine what is good for you. ...and party at the same time. (laughs)

C: (laughs) Alright, sounds like quite a line up. I'm going to switch topics on you for the sake of time. Is that cool?

DD: Do it man.

C: A little birdie told me that over the summer you played with some pretty important people.

DD: Yeah, yeah, at the Diligent Music launch party I played with my boy Rob Bliss and uh, Minor State, and Jeff Barrett/Swagnificence at the Pyramid Scheme. It was pretty dope.

C: Have you had any shows since then?

DD: Yes

C: Where at?

DD: I played Rock the Rapids and I opened for T-Pain and Ludacris. Is that what you were after paperboy? You after the big names? (laughs)

C: It's my job to get big names and exploit the defenseless, I'm a journalist. I mean, how else am I going to bring in readers? Anyway- How was it opening for artists who have made such an impact on the music industry?

DD: You know what it comes down to, and what I really care about is engaging with the audience as an artist. My audience is awesome. They are people who came out to something like that to support the community, and it's an honor to play for them. Even if they are not my fans, they will be shortly.

C: Do you have any upcoming shows or events that we should look forward to?

DD: I wouldn't be surprised in the slightest if there is a music video release party around Halloween.

C: Do you have a facebook page or a website where people can contact you or check out your music?

DD: Yeah, you all gotta get my EP $afety. It's a free download at safetyep.com You can stream it or download it. There is a ton of great artwork. We did a full photo shoot for it, we have a concept photo for each song, so there are six really artistic and unique photos. Some of them are funny and some are just cool. It's really easy to find on facebook, just search for Due Diligence.

C: Awesome. Due Diligence, it was great talking with you, thank you for agreeing to do the interview. We know how busy you are, thank you for taking the time to sit down with us. I want to leave you with the final words.

DD: My final words are for the Integrity Generation. This is our time and we know it. And we're going to rock it like a poet. Write'n the greatest sonnet you ever heard. It doesn't matter if you are a cool black kid or a skinny white nerd or anything in between... we own it.

THE CRANE WIVES: 'We Are Inherent Story-Tellers'

INTERVIEW BY REED BRAMBLE

The harmonic and irresistibly groovy Crane Wives are reeling after two monster gigs at the Hoxeyville Music Festival and Chicago's Honky Tonk BBQ in support of their most recent album, Safe Ship, Harbored. I sat down with banjo enthusiast Tom Gunnels and organic drummer Dan Rickabus to discuss their upcoming tour of the midwest, the indie-folk rock scene, and getting the most out of your iPod's battery life. Both of these story-telling connoisseurs hail from our own Grand Valley State, as does the rest of the band. They are currently promoting their co-headliner at The Intersection this Thursday, September 8th.

Cohesion Alternative News: So how did the Crane Wives come to be?
Dan Rickabus: Tom and I have known each other since we were fourteen, but The Crane Wives project first began with Kate Pillsbury and Emilee Petersmark (the group's lead vocalists and guitarists) playing music together at a Chinese restaurant in between breaks. I had seen them perform several times and thought they were amazing together. Kate and Tom originally started it as a blues project, and then Emilee and I signed on and turned it into a folk group. I knew Ben Zito from the Scientists of Sound at GVSU, and he filled a desperate need at bass guitar. We couldn't really consider ourselves a band before Zito came on board.

CAN: How did you come up with the band name?
Tom Gunnels: The girls actually went under that name when they were playing at the Chinese restaurant. It's reminiscent of The Crane Wife which is an album by The Decemberists, and it's named after an ancient Japanese myth that we were drawn to after we heard about it. The girls were using that name, and we liked it so we decided to stick with it. It made sense for two female lead singers.

CAN: Do you guys have a specific person who writes the lyrics?
DR: I'd say every song is different actually. Sometimes we will add parts to something Kate wrote, other times Emilee brings the songs, and rarely, I will add a song. Sometimes all it takes is someone to start playing something. Tom came up with the banjo part to "I Ain't Done" and right there, chords and words just sort of came out of it. It's different every time. We are lucky to have five people who can all arrange and write music.

CAN: Your facebook page says you are an indie-folk group that defies musical stereotypes. How so?
TG: One unique thing about us is our two female lead singers that both play guitar. That is pretty uncommon among folk bands, along with our three-part harmonies. We get a lot of different influences coming in from everybody.
DR: We never really set any standards for ourselves in terms of what we wanted to be. So in a way, we sound like a lot of people, but at the same time we don't really sound like anybody.

CAN: Because you guys are still promoting your debut album, covers are obviously a big part of your live shows.
TG: Yeah. There was a while where it was everybody's job to come up with covers for us to play. There are only a couple covers that we play regularly, though, and those are "Dog Days Are Over" by Florence and the Machine, and "Kick Drum Heart" by the Avett Brothers.
DR: There have been some covers that we have learned and played at two shows and then did away with them. We like to experiment with new covers, though. We just recently added "Rolling in the Deep" by Adele, and we will sometimes do "Otherside" by the Red Hot Chili Peppers and "Hospital Beds" by the Cold War Kids.

CAN: You released *Safe Ship, Harbored* in May of this past year. What does the album mean to you guys? Do the lyrics have a theme?
TG: I think that we are inherently story-tellers, and I think a lot of our songs capture that. There wasn't a planned theme to the album, but similar themes exist within the songs just because of the people that we are. The song "Safe Ship, Harbored" is about a ship that doesn't get used for its true purpose, and it misses out on what it could truly be. I think that theme is pretty prevalent in the album. It's about not settling for what is, and taking advantage of what could be.
DR: There is this feeling of being pent up and wanting to explore, defying anything that could keep you down. It originally meant a lot to Kate, since she wrote the song, but it ended up meaning a lot to our band as well. It feels like we have been in harbor for entire musical lives, and now we are getting out there.

CAN: You guys just came back from a few big shows. What's your favorite part about playing live music?
TG: I am always blown away when I see people singing along to our songs. Even people I haven't seen for years end up coming to our shows and singing our songs. It's awesome. It makes it that much easier when people are coming out to specifically see you; they want to be there. We are starting to get a lot more comfortable on stage, too. Our energy on stage is increasing and we are having more and more fun up there.
DR: One of my favorite parts about playing live is the interaction between people. The band has so much fun playing together. But I also love the weird little interactions I have with people in the crowd.

CAN: Do you guys have a favorite song that you play live?
DR: I think that I'd probably have to go with "Safe Ship, Harbored," because of the ending where everything just falls to pieces.

From left to right: Ben Zito, Tom Gunnels, Kate Pillsbury, Emilee Petersmark, Dan Rickabus.

Photo Credit: Tommy Valdez.

TG: That song is so fun. I've left the stage twice to jam with the audience, and both times it was that song that did it to me.

CAN: What would you say are the band's primary musical influences?
DR: We all have extremely different tastes, but I think we can all agree on The Decemberists, Mumford & Sons, Fleet Foxes and Nickel Creek. All of our backgrounds are very different, though. Tom used to be in a metal band, Zito and Emilee were in ska bands, and Kate is into singer/songwriter stuff like The Tallest Man on Earth and the Swell Season.
TG: One band that I can't stop listening to right now is Larry and His Flask. Their live shows have really made me reassess stage presence. They are phenomenal.

CAN: Is there something that specifically draws you to this genre of music?
DR: I personally love this movement because I feel like there's a lot of over-processed, commercialized, superficial music. I think there is a huge movement of people striving for honest and organic music. I always try to keep those two words in my head, because if we aren't being honest, then why are we making art in the first place?

CAN: What draws you to the city of Grand Rapids and GVSU?
TG: I love Grand Rapids. It's a big enough town, but it still has the small town feel.
DR: What I originally loved about this place is that you are in a city, but you are twenty minutes from a huge lake. You can be in the woods in ten minutes. I feel like Grand Rapids is where we are right now, in that we are both blossoming into something bigger.

CAN: You crash-land on a deserted island. Your iPod only has enough battery life to play one song. It may be the last song you ever hear. Which song do you choose to play?
TG: I actually don't know the name of the song. It's a song off the soundtrack of The Assassination of Jesse James by the Coward Robert Ford. It was written by Warren Ellis and Nick Cave, and it's one of the most beautiful soundtracks ever. There is a song on there that I think would be the most peaceful thing to listen to on a deserted island.
DR: I think I would play "The Inner Light" from Concert For George. George Harrison died, and they did a concert a year after his death. It is Ravi Shankar's orchestra with Jeff Lynne playing George Harrison songs. That recording always gets me. But I could also go with a few other songs. I think a better answer would be that my iPod would die because I would be too indecisive choosing between songs.

CAN: When was the first moment that you realized that you liked music?
DR: When I was nine, my parents bought me a little toy drum set and I would play along to my cassette tape of the Power Rangers soundtrack.
TG: My family was never very musical, and I didn't own any CD's when I was young. I ended up winning *the Beatles: Greatest Hits* from a movie theater, and we played a track off of that album in jazz band. I think it was "A Hard Day's Night." I remember loving the jazz version of that song. I don't really listen to the Beatles now, so it's funny that they were the ones that kicked off my musical career.

CAN: Do you guys listen to music on vinyl? If so, what do you like about it?
DR: Yes. We have four record players at my house between the four roommates. I like the connection to the music that it gives you by actually taking the record out and playing it. It's a physical thing. It has grooves. I just love the process of it and what it means to music as a whole. It brings sanctity to the music; you have to be careful with it, keep it in good condition, and know when to flip the side.
TG: I wish that I had access to that. The thing that attracts me to vinyl is that so much of music today just becomes background noise that is always around. Vinyl sort of makes an event out of it.

CAN: What is to come for the Crane Wives?
TG: We are booked two to three nights a week through January. We've got a big show coming up on September 8th with Greensky Bluegrass here in town. Otherwise we are branching out around the state. We have shows in Traverse City, Bellaire, Lansing, Kalamazoo, and eventually Ohio and Chicago. We are writing a ton of new material, which I am really excited about. I feel like our newer stuff really reflects where we are going as a band now that we have what we want to be down. I think we should be entering the studio near the end of winter.
DR: We almost have too much material right now. We will be ready for the new album when the time comes.

CAN: Any advice for local bands trying to make it big?
TG: One of the first things we did is sit down on Grand Valley's campus with a video camera and record four songs that we had at the time. We were spending money trying to promote ourselves, burning CD's, giving them away for free. You can't be greedy. You have to give as much as you can. And play open mic nights. We played open mic night at Founder's three or four times before we had our album release show there.
DR: That would probably be my biggest piece of advice. Play Founder's open mic. There are so many cool people, and it is such a great musical epicenter for Grand Rapids. Make friends, whether they are musicians or not. Meet people who are doing cool things and see where it takes you.

Look up The Crane Wives on Facebook or visit their website at thecranewives.com! Check out their show on Saturday, Oct 29 2011 08:00 PM at Founders Brewing Company, 235 Grandville Ave SW, Grand Rapids, MI, 49503, US.

SEPTEMBER ARTICLES

Rat Race
James Hinkson

One of the most rewarding experiences of my career as a Psychology student at GVSU thus far has got to be the entire process of being able to learn about the different convoluted ways in which it's clear that no single one of us, as a race, can qualify as normal. In my experience, the idea of a normal person doesn't hold true under even the slightest examination. Even the most Walt Cleaver-esque people can have little monsters poke their heads out of the water occasionally, if not often. Which is ironic, because naturally I'm one of the dysfunctional loonies running amok at our fair university (hide ya kids, hide ya wife). So despite the fact that I take great pleasure in mercilessly judging strangers based on details about their appearance, behavior, or my impression of them in general, I'm one of the fools that should probably be judged myself—if not locked up tight. This aspect of my cognitive process is a watered down version of what greater scientific minds than I have termed 'the experimenter's bias,' which basically is the idea that since any time a human scientist is involved, the objective process is at the very least slightly tarnished by the ideas and concepts that the experimenter may have about the subjects of the study, the subjects' expected behaviors, and unfortunately, factors as scientifically insignificant as if the experimenter's wife has been in the mood lately (Sackett, 59). Additional studies have shown that the experimenter's bias, among other examples of ignorance as far as the correct methodology is concerned, can have extremely detrimental effects on those that the study results could affect. Those higher expectations and resources for individuals leads to much higher rates of success in education, business, and life in general.

The experimenter's bias, which will be referred to as E.B. from now on for the sake of my fingers, has a myriad of ways of throwing wrenches into the gears of the properly executed scientific method. Naturally, all measures should be taken to keep the E.B. as insignificant as possible. One of the most well known studies that flipped the E.B., as well as scientific world on its ear so to speak, is the Dull and Bright Rats Study conducted by Rosenthal, R & Fode, K.L.

In their study two genetic strains of rats were differentiated as maze poor and maze bright—one having a higher genetic predisposition to maze performance than the other were bred and segregated into three different groups: Enriched, normal, and restricted environment.

Contrary to the popular belief fostered by the work of the late Gregor Mendel, the genes did not dominate the performance of the rats within the maze; rather, each of the respective allele groups performed in the anticipated manner in the normal environments. However, in each of the extremes, restricted and enriched environments, the rats had shockingly similar amounts of errors within the maze during testing. As many 120 errors for maze dull in the enriched and just over 100 in the maze bright, and 170 errors in each for the restricted environments (Rosenthal, 35-48).

These results show that within a mediocre environment as far as maze solving goes will allow the Mendelian rule to hold true. However, in environments that either foster or are a detriment to the rat's maze abilities, the environmental factors were far more influential than the genetic ones. The implications for this study as applied to human beings are unknown as of now. However it stands to reason that it would translate to the human trends for success within life as well. For example, individuals raised in poverty and lower socioeconomic status consistently perform at a lower level on standardized testing than their counterparts raised within wealthier communities, as tested in a variety California K-12 Schools by Dr. Rosenthal (Rosenthal, 65-80).

This is not because there is some sort of genetic precursor to failure later in life, or that there is something in the water or air within low-income neighborhoods. Rather it shows that the culture of failure, or conversely, of success, is far more influential towards the future of an individual than any other identified factor.

Similarly to the rats, as well as the victims of my hypocritical judgments, and in the students observed by Dr. Rosenthal, an environment in which the individual is nurtured, whether it be the rats who were housed in a stimulating setting or parental and community leaders that instill values of the importance of performance in their education, the disadvantaged individual, support wise, is far more likely to perform at a lower level than those who are nurtured, yet face similar tasks. (Rosenthal, 91) Our student body at GVSU is an almost perfect testament to these findings. We are one of the most diverse universities in the United States if not globally. All ethnicities of students, as well as special needs students, both physical and mental, can be seen almost anywhere on campus.

All over the country other universities are seeing similar trends as educational standards become of higher and higher priority to not only policy makers regarding education reform, but also within the parental and community influence of our nation, as it is becoming increasingly difficult to be financially solvent in the U.S. without a degree from a university, if not a graduate degree. (Hett, 13-62) Now that nationwide standards are rising as well as graduation rates, I very much look forward to the day that I can have some offspring making enough money for me to sit in the pool, baking in the sun with a large cocktail in my hand for the majority of my remaining years.

Hett, E. J. (1993). The development of an instrument to measure global-mindedness. Unpublished Doctoral Dissertation, University of San Diego.

Sackett, D.L. Bias in analytic research. Journal of Chronic Diseases, 1979; 32: 51-63.

Rosenthal, Robert (1979), "The "File Drawer Problem" and the Tolerance for Null Results"

Asses and Elephants

Michael Pratt

Once upon a time, being crammed into a pigeonhole was an excuse for being ignorant to it. That time has passed. If you lived on an island inhabited by only two animals—let's say, donkeys and elephants—and you were asked what your favorite animal was, I wouldn't assume that you were a dog person. But this isn't an island, it's a country. A country in which 76% of its population can access the internet. Because of this (and other reasons), the dilemma posed by the donkey-elephant analogy doesn't apply to the United States. And yet, we are still helplessly infatuated with donkeys and elephants. For those who didn't know, it wasn't always like this. Once upon a time, donkeys and elephants didn't exist. In the beginning, the two dominant party animals were the Federalists and the Democratic-Republicans. Federalists, like Alexander Hamilton and John Adams, supported the expansion of federal government. Democratic-Republicans, like Thomas Jefferson and James Madison, feared the similarities of a strong central government and government through Monarchy. Now, we have two parties (animals), both of which (though elephants deny it) support the expansion of Federal government. See, being a Republican entails "Conservatism". Conservatism is the political ideology, coined by the French philosopher Francois-Rene de Chateaubriand, which supports the maintaining of traditional views and institutions (like the two-party system). Being a Democrat entails "Liberalism". Liberalism (in America) is the political philosophy premised on an individual's unalienable rights. A Democrat may support gay rights, the right to abortion, environmental protection, and a secular government, but not support increasing taxes. Does this dissonance in views make a Democrat, not a Democrat? Similarly, a Republican may support a fiscally responsible government, an unregulated free-market economy, and gun ownership rights, but not support capital punishment. What does this dissonance mean? A Republican, that agrees with the (largely) Democratic view, that the death penalty is wrong. But how can someone be Republican and also Democratic? You only get one vote, so you need to choose one party, right? And this is where the two-party system fails: in its disingenuous lumping of serious and complex social and economic issues--into two polarizing ideologies. I routinely tell people, when asked whether I am Republican or Democrat: that I am neither. And each time, it elicits the same cliché responses: "but you have to choose!" or the classic "voting independent is a waste of a vote!" What? Our first and (arguably) greatest president remained independent throughout his entire presidency. Were the votes that put George Washington into office a waste? If, perhaps, I was getting the teeth kicked out of me by two big bullies, would attempting to fight back and defend myself also be a waste? Surely not, unless you're into that sort of thing—and if you are, I implore you to stop being so gullible. What makes this problem so frustrating is how incredibly obvious that it is a problem. This is the problem, in obvious form:

P1) U.S. citizens (as a population) hold dozens upon dozens of views and beliefs.
P2) The two-party system lumps them all into two categories.
P3) The two-party system cannot sufficiently represent the diversity of views, held within the constituents of the two party system.
C) Thus, the two-party system does not best accommodate the people who live within the two-party system.

No amount of bureaucracy can disprove premise 1. Not the Office of National Drug Control, the Office of Faith-Based and Neighborhood Partnerships, the Council of Economic Advisors, nor the Foreign Agricultural Service. Similarly, no amount of bureaucracy can disprove premise 2. However, the right amount of bureaucracy can hide it--and hide premises 1, 3, and C) as well. And along with them, they have hidden my and your ability to say neither. For, neither in the past, nor now, have we ever had to choose between two. Unlike the USA, other countries realized this about neither a while ago. The U.K., for example, has a multi-party system. A multi-party system gives political parties the capacity to gain control of government, either separately, or in coalition with one another. The U.K.'s law making branch is made up of 650 seats. When elections are held, the amount of votes each party receives determines the number of seats they gain in the House of Commons. Instead of minorities being muted, they are granted a say that is proportional to the amount of votes that minority represents and receives.

I don't aim to convince you that a multi-party system is the answer to fixing our government's dysfunction. It is but one option, among many. What I aimed to have convinced you of is that as a country we are far too easily convinced.

Discard the textbook revolution, grab a pen, and start your own chapter (the ink is running out).

Perspective: Ego vs. Soul

Erin Haley

The ego. It works to protect our identities;separates us from others. We want to be different, better, and conform, all simultaneously. Egos can be boosted by possessions, accomplishments, and anything that is evidence of worth. So our motivation—as social beings—can be at least partially identified as none other than the person in questions own selfish motivations. And with everything in society that encourages and reinforces its prevalence, our egos can thrive. The ego's selfish motivation is still evident of what many would view as altruism. "I'll be admired…how could she not take me home after that." Even if it's only subtlety—and in some cases not so subtly—influencing our decisions, this thing called 'ego'lives in our everyday lives as a part of our nature. But what if we can access a guiding force in our lives that ismore fulfilling than the fleeting menial needs that our ego would have us succumb to; another component of our being that can offer validation? It's more organic than our reputation, our style, and our accomplishments- both transcendent and personal in nature. Every culture has alluded to it; the mystics of every religion have done practices to access it more deeply. Correlating with the belief that is shown in so many ways of the modern societies our population has formed, that the path of least resistance is also the one of least reward. Transgressions against others are sadly inevitable. Submission to our ego, at the very least for a portion of our motivation, is a part of the human experience, along with the ego's accompanying emotional states such as rage and vanity. Accept it or not, the ego is the most influential factor in far too many people's lives.But there's also a part of everyone—whether it's the guiding voice of one and an ignored voice in another—that's divine; that's beyond our mistakes and shortcomings and efforts to preserve our ego.

The human soul in some form has been told of in every recorded cultural history. The soul is founded on love in its purest form, unconditional in respect to everything in its holistic nature good and what is often naively perceived as evil. Conversely from the ego, it sees the beauty in its owner as well as the beauty in others, and is gentle on imperfections. The soul can recognize the pain that those thought to be evil or have undergone, and it recognizes the way that as a race, an infinitesimal, if existent at all, percentage of the human population truly feels any sort of desire to inflict pain for the sake of the suffering. The soul's task is to preserve good, spread love, extinguish hate, satisfy spiritual needs of its owner, while uniting him still with others.

Letting go of the power other people's hurtful behavior in our own experiences is really the highest calling, as citizens of this world, not any continent or region, race, or perhaps most so, religion. We are all struggling to accomplish a notion as elusive as untainted love in a world that seems to reject any notion that isn't following greed based set of values that any one person's ego will call for so desperately.

The soul views each individual presence as an integral piece of a communal existence, a web of connections that unites living beings in this world. It's crucial to be able to see ourselves in others, and admit that in similar situations we may exhibit the very traits we may despise in them.Empathy allows us as a race, to further recognize the defining struggles and similar battles that we go through as a race, and how the only truly sensible thing to do in such a world that the ego reigns over altruism and almost anything with which it's associated.

Defining the ego and the soul is only the prelude to adjusting a lifestyle. It takes recognizing them and discerning them in our daily lives (which is typically not a task in black and white considering the complexity of our nature and lives) and following the desires that satisfy the higher self. Are one's actions nurturing the ego or the soul? If the actions are working toward a goal that keeps you spiritually isolated from others, they are probably ego based. If the actions satisfy your desires while naturally eliciting a positive connection with others, allowing for an equal exchange of positivity, they are likely rooted in the soul. Ultimately, the goals in one's personal life that coincides with the goals of the higher self or soul, also work to benefit the larger scale. Thus, we can either be one person, separate from everyone, or live unthreatened by those surrounding uswithout the need to protect our egos with ferocity.

To adjusting our worldview, meditation is helpful in accessing our higher selves and living more soulful lives. By quieting our minds and placing our attention on our hearts for a small part of the day, we can start to become more centered individuals- more comfortable with retreating to a place within if our outside worlds become too frenzied. By quieting our minds regularly and focusing within, we become more prone to put things into perspective. Small threats to our ego or imperfect incidences become irrelevant when we can remember that there is a place of peace that dwells within us that we may always retreat to. We may find our lives becoming more synchronized with what truly makes us happy. It's not that the ego that we've all constructed, that works to keep us separated from one another, is evil. We've created it and it's survived as a means for success and survival. But that very mechanism can hinder our happiness and fulfillment on a deeper level, and no longer has to have a substantial place in our lives with the incredible potential of the soul.

COHESION COLORING CONTEST!!!

That's right! We've kept a close eye on you young freshmen. You have been abusing your computer lab rights, and there have only been two weeks of classes! For what do you exploit your lab privileges over? So you can print off cute pictures to color on?! Don't deny it! You see, we have people who keep a special watch on the budding youth at Grand Valley. Well, at least it's better than my roommate who prints off full one page slides of his Bio PowerPoint notes because he claims to have a minor astigmatism...

You young ones have inspired the sacred Truth Keepers of Cohesion. We have decided to hold a contest open to all students, faculty, and staff at GV. Above is a page from a coloring book the Cohesion records keeper found in our archives. Your job is to color this beautiful lass and her delightful ass. Next, tape it somewhere around campus and take a picture of it. Send your photo to the Cohesion email (cohesiongv@gmail.com) or tag CohesionGV on Facebook with your wonderful, wholesomely colored picture.

All Facebook tagged photos will go up on our NEW website

Grand Winner: A balloon with your name on it, spray-on tan, and something so delightful we are unable to print it.

CONTACT COHESION

WEB
COHESIONGV.COM

EMAIL
COHESIONGV@GMAIL.COM

FACEBOOK
FACEBOOK.COM/COHESIONGV

TWITTER
TWITTER.COM/COHESIONGV